

Getting Ready to Study Public Services at College

The 'Getting Ready' list below gives you resources and activities you can use to get ready for when your course starts at Colchester Institute in September. We have picked mostly resources and activities you can access on-line and we have some suggestions too of other resources in the 'Going Further' section.

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- Watch "real-life" documentaries about the public services, ensure you do this over a wide range rather than focussing on just the public service you are interested in.
- Research physical entry requirements for the public services online and visit relevant services websites to research and learn their roles, responsibilities and any current and future deployments may be. This could include new equipment and vehicles for example.
- Write a brief introduction (using ICT) about why you want to join the course and any concerns or worries you may have, save and keep this till we see you in September.
- If not doing so already, undertake daily physical exercise (**in line with current Government guidelines**), which should ideally be cardio vascular based activities – running, cycling – along with some upper body work (press ups, sit ups). The services, particularly the armed forces, have physical exercise at the centre of their core function, so you should adopt this as a feature of your lifestyle with this in mind and as part of your general health and wellbeing.

Going Further to study Public Services at Colchester Institute

Once the current restrictions have lifted and if you haven't already done so, actively consider *at least one* of the following:

- Join cadets or some form of youth organisation that promotes teamwork-based values
- Join or take up a sporting activity/team in your spare time
- Undertake some voluntary work
- Get a part-time job (16 hours a week maximum) where you interact with others.

You can find information for new students at:

<https://www.colchester.ac.uk/further-education/applying-full-time-courses/>